

# WELLNESS

## for Every Part of You



**Get Started:** Log in to your account and select the Wellness Center > Healthy Discounts > Acupuncture, Chiropractic, Massage Therapy > ChooseHealthy. For more information on participating facilities, visit <https://www.activeandfitdirect.com/search>.

### Top Gyms Starting at \$28/mo.<sup>1</sup>

From yoga, to strength, to Pilates, and more—**thousands of gyms and premium studios** to choose from. Pick your favorite and work out your way.

### NEW **Active&Fit Direct™ Marketplace**

#### 10% - 50% Off Wellness Products<sup>2</sup>

Unlock exclusive deals on gear, gadgets, and apparel from Adidas®, New Balance®, Fitbit®, NutriBullet®, Therabody®, and more!

#### No Long-Term Contracts, Annual Fees, or Cancellation Penalties

Enjoy ultimate flexibility and choice. Plus **save \$5** when you add a second gym.<sup>3</sup>

#### More to Power Your Progress

Make lasting changes with **personalized 1-on-1 virtual coaching** in sleep, stress, nutrition, and GLP-1 weight loss—all at no extra cost!<sup>4</sup>

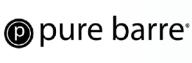
**Enroll your partner** and move toward your goals together.<sup>5</sup>

Access thousands of on-demand workout videos—**free and at your fingertips**.

**12,800+**  
Standard Gyms



**10,200+**  
Premium Gyms



<sup>1</sup>Plus applicable enrollment fees and taxes.<sup>2</sup>Not all program sponsors offer Marketplace; vendors, products, and discounts are subject to change.<sup>3</sup>Members may select multiple gym memberships with a \$5 discount off the monthly fee for each additional gym selected.<sup>4</sup>Active&Fit Direct and its coaches provide general information for educational purposes only and do not offer medical or pharmaceutical advice or diagnoses. For any medical or health concerns, consult a qualified healthcare professional.<sup>5</sup>Add your spouse/domestic partner for additional fees. Fees will vary. Conditions apply.

Health Net of California, Inc. is a subsidiary of Health Net, LLC and Centene Corporation. Health Net is a registered service mark of Health Net, LLC. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved.

M966-249X-HNCA 12/25 © 2025 American Specialty Health Incorporated (ASH). All rights reserved. Active&Fit Direct and the Active&Fit Direct logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location and program sponsor and is subject to change. On-demand videos are subject to change. ASH reserves the right to modify any aspect of the Program (including any fees and introductory period) without limitation at any time. We may discontinue the program at any time.

FLY065266EP02 (1/26)